

ALLIED GARDENS RECREATION CENTER

5155 GREENBRIER AVENUE, SAN DIEGO, CA 92120

The R.U.N. CLUB

Rep. Up. Now.

TUES/THURS

STARTING SEPT, 4TH

9:00 A.M. TO 10:00 A.M.

Be Active. Be Healthy. Be Happy.

Not only increase your endurance with running drills, train your way to happiness. Come with me on this beginner's course to achieve your fitness goals. Participants will learn proper warm up and cool down drills, as well as, exercises to help keep the body flexible and less prone to injuries.

Sign up NOW! It's FREE.

SDRecConnect.com to register. (Code: #54806)



Ran by Lexus

At Allied Gardens Recreation Center

5155 Greenbrier St. | San Diego, Ca 92120

www.sandiego.gov

FOR MORE INFORMATION PLEASE CALL (619) 235.1129



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER @ 619-235-1155) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUESTS.



All City of San Diego parks and beaches are smoke free.